

HAND WASHING FOR HEALTHCARE WORKERS



Wetting of hands



Apply liquid soap



Palm to Palm



Right palm over left dorsum



Left palm over right dorsum



Palm to palm fingers interlaced



Back of fingers to opposing palm with fingers interlocked



Rotational rubbing of right thumb clasped in left palm and visa versa



Rotational rubbing backwards and forwards with clasped fingers of right hand in left palm and visa versa



Rinse hands thoroughly



Switch off tap with elbow



Dry well with paper towel